

Name: \_\_\_\_\_

# Learning Activity 2: Assessing Coping Strategies

## Situation 3: Chloé and Anton: Losing a Pet



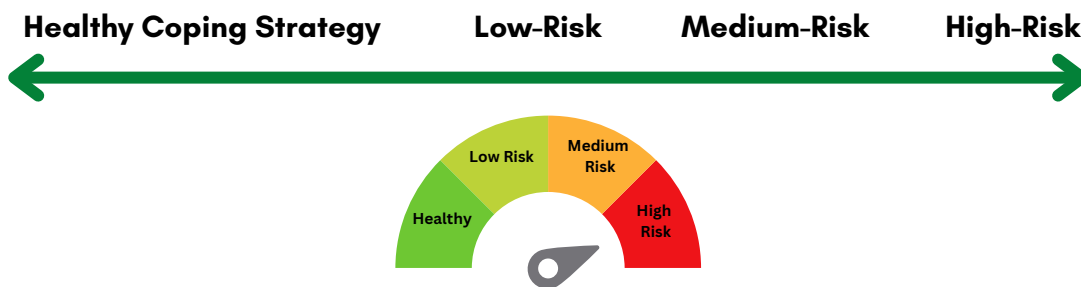
### Situation 3: Chloé and Anton: Losing a Pet

Chloé recently experienced the loss of her childhood dog, Spot. Spot was part of her family for 10 years. Chloé is devastated and spends hours crying in her room. She is not even able to spend time with her best friend who has been reaching out to her. The grief is so upsetting that she finds herself unable to sleep or eat.

Anton's cat passed away last year. Anton's cat was part of their family. Anton was sad but understood that their cat was old and unwell. They felt comfort knowing their cat was no longer in any pain.

### Classify these coping behaviours into healthy, low, medium, or high risk:

- Chloé goes to a party and drinks 6 coolers to help her forget about losing her dog. \_\_\_\_\_
- Chloé continues to feel sad, not eating or sleeping for several weeks and doesn't reach out to anyone. \_\_\_\_\_
- Chloé and Anton decide to make a scrapbook to honour both their dogs. \_\_\_\_\_
- Chloé takes a sip of her friend's beer to help her deal with the grief of losing her dog. \_\_\_\_\_



Indicate where to place each coping strategy on the **Assessing Risk Spectrum**. Discuss your choices.

Examine the infographic on alcohol. Why may choosing to use this substance be considered a risky coping strategy to deal with stress?

Propose other low risk or positive coping strategies.